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## IN THE SUPPORTIVE COMPANY OF SEEKERS

by Julie Mazo

*Fascination with the benefits Hemi-Sync® technology can produce, and the profound satisfaction of facilitating Hemi-Sync experiences for others motivates trainers in the HEMI-SYNC OUTREACH network around the world. Two members of the network, Genia Haddon (Scotland, Connecticut) and Judith Lerner-Taylor (Montville, New Jersey) share what it's like to bring Hemi-Sync to seekers in their areas.*

“Who comes? Nearly equal numbers of men and women, as young as fourteen and as old as seventy years. Nurses, educators, psychotherapists, homemakers; a carpenter, engineer, truck driver, lawyer, neurologist, musician, stockbroker, postal worker, accountant, chiropractor—whatever their occupations, they share an interest in the world of spirit. Many have been following the spiritual path for years. Some are new to the quest, though equally committed,” says Genia.

Judith’s workshop participants choose to experience the EXCURSION workshop “to access the ‘Higher Self,’ out of curiosity about Hemi-Sync, to explore the out-ofbody state, to improve meditation techniques, and to reprogram their daily lives.

... A songwriter, convinced he had lost his creativity after giving up cocaine, had a powerful out-of-body experience during the workshop. Several days later, he awoke in the middle of the night having composed a song in his sleep. He began doing this regularly and ... returned to serious composing—from a level of creativity he thought he would never experience again.”

Judith states that several participants contacted deceased relatives and, in some cases, resolved issues that had not formerly been addressed. One, who had never grieved over the death of her father fifteen years earlier, felt she finally accomplished her grief work during a tape. “Most experienced (some for the first time) the exhilaration of being pure thought, unencumbered by the physical body ... Others felt they were simply floating in a blissful state.”

“Do they find what they seek? Nearly always,” says Genia. “A professional musician spent the entire first day compulsively analyzing the musical components and chord progressions of every tape. His trained ear called forth insistent left-brain processing, despite his intention simply to relax and experience the effects. While others were reporting remarkable results, for him the tapes brought only boredom and frustration.

“On the second morning his mind finally grew bored enough to let go its self-imposed, repetitive task. During the Focus 10 Free Flow tape, he suddenly found himself flying through

black and starry expanses to the utmost limits of the universe. As he movingly described his adventure to others afterward, he repeatedly emphasized how real it all was. This sense of having entered another dimension of reality is what makes EXCURSION experiences life-altering for many."

Genia goes on to explain: "The entire EXCURSION workshop is geared toward actual experience rather than 'learning about' spiritual reality. As one participant, who had done extensive prior work ... wrote, 'Enough of the intellectualizing. I need to practice my new understanding. I need to experience it.' The experiential quality of the EXCURSION weekend is its strongest feature."

Judith's participants described in a follow-up questionnaire the sustained effects of the Hemi-Sync workshop: "ability to maintain deeper meditative levels for longer periods of time, better dream recall, more lucid dreams, increased incidence of psychic phenomena, greater physical energy, shorter sleep cycles and reduced need for sleep, improved concentration and absorption of written material, new awareness of subtle energies, and an increased ability to obtain insight into everyday problems."

Hemi-Sync has brought about powerful changes in Judith's own life. She reports: "I had been terrified of public speaking and avoided it at all costs. The few times I was required to speak, my voice would either crack noticeably or disappear altogether. Yet being a trainer required that I address various-sized audiences, and sometimes for fairly long durations. Hemi-Sync helped me overcome my incapacitating fear in two ways: meditation tapes enabled me to focus attention on a lot of formerly unconscious material that was crippling me. I was eventually able to eliminate these self-defeating concepts. H-PLUS® *Speak Up* helped me reprogram myself mentally so I was not only able to speak clearly and smoothly, but could relax enough to do so from an expanded level of awareness."

In addition to the classic EXCURSION and HUMAN PLUS weekends, some OUTREACH trainers have developed other Hemi-Sync workshops, approved by the Institute, to meet a variety of needs and interests. "The versatility of Hemi-Sync," Genia says, "makes it as easy as it is exciting to tailor programs to specific situations." Another part of an OUTREACH Trainer's experience is the offering of personalized guidance in the selection of Hemi-Sync tapes for home use. "It is deeply satisfying to talk with strangers, hear about their personal need, and then be able to recommend a tape likely to be of real help," says Genia. In the absence of the connection established by the sharing of a weekend workshop, feedback about tape use is more random: a caller saying a friend recommended *Pain Control*, and how soon can he receive his own tape; the request for a second copy of *Concentration* because the children use it for doing homework, and the parents use it for balancing the checkbook; "I'm leaving on a business trip, and my friend says I must have *Catnapper*."

*We're grateful to Judith and Genia for conveying the unique flavor and wide variety of their experiences as trainers in the HEMI-SYNC OUTREACH program. We know all those who have participated in workshops with these talented, knowledgeable trainers are grateful, too.*

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